



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

Grosch, Hartmut

Club: Erlebnis Bergwerk Merkers

Number: 479

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 48:05

Speed: 11.23 km/h

Running performance: 4:56 min/km

Rank in course/Total: 35 (of 149)

Rank in course/Men: 34 (of 105)

Best time in course: 32:58

Rank in category: 1(of 5)

Best time in the category: 48:05

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:54	4:53	1	-	45	5:39	3.25	15:54	4:53	1	-	36	5:39
Lap 2	3.25	16:06	4:57	1	-	27	4:19	6.50	32:00	4:55	1	-	31	7:15
Last lap Finish	3.25	16:05	4:56	1	-	30	7:52	9.75	48:05	4:55	1	-	35	15:07